



FSS News

Volume II, Issue V

April 27, 2006

HAPPY MOTHER'S DAY

Celebrations for Mother's Day can include almost everything under the sun that bears the potential to make mom feel extra-special on her day! You can celebrate Mother's Day whatever way you choose to—what matters is the end, not the means.



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Does JD Byrider owe you money?

If you purchased a vehicle from JD Byrider between January 1, 2000 and December 31, 2004, you may be eligible for a settlement. You may receive a \$500 refund or credit.

Call 1-888-373-0011

Kentucky Attorney General





SUMMER LUNCH PROGRAM

OPEN HOUSE

May 18, 2006

4:00 pm—7:00 pm

Louisville Metro Community Action Partnership

1200 South Third Street

****Attend open house for additional information or call 574-1157****



****Program will operate June 5th through August 11th****

FEEDING ALL KIDS 18 AND UNDER IN OUR COMMUNITY

METRO PARKS

SUMMER CAMPS PROGRAM

- Children ages **6-12**
- **Registration began April 3rd** on a first-come, first-served basis.
- Camp offered **June 5 to July 28** at 16 Metro Parks community centers and outreach sites.
- For information call **456-8136**



- Metro Parks is hiring seasonal help for summer camp and swimming pool programs. For information call 456-8152
- Children ages **13-14** can become junior camp counselors. For information contact the camp location of your choice.



Derby family events

April 28 Great Balloon Glow

April 28-29 Great Balloon Races



May 3 Great Steamboat Race



May 4 Pegasus Parade



Participants' Achievements

If awards were given for being the busiest mother, **Amanda Vincent** would certainly win it. In addition to being a full-time mother caring for five beautiful daughters, Ms. Vincent added full-time employment to her long list of responsibilities. She was hired at Cash Express in February where she is an assistant manager. Congratulations and best wishes, Amanda!

(Kathy Phillips)

Congratulations to **Lillian Baker**, who has worked for the same employer since August 2002. Good going!!

(Sandy Schardein)

Hurray for FSS Graduates!

<u>Name</u>	<u>Case Manager</u>
Evelyn A.	Shannon Sandusky
Tami & Jarvis H.	Shannon Sandusky
Renee McBroom	Legina Stoner
Tracy E.	Shannon Sandusky
Arista Bowman	Charlene Welch



Congratulations to **Latasha Sharp** on her promotion from Intake Specialist to Reimbursement Specialist at Agilon! Ms. Sharp is the proud mother of two sons, Chris and Anthony.

(Kathy Phillips)

Great Job

Renee McBroom is flying high

Renee has received another promotion at Bank of America. She is now a Team Leader. Renee has been working at Bank of America for 8 months and has received two promotions. Renee states that she has never made so much money in her life!!!

Renee has officially graduated from the Family Self-Sufficiency Program, as of April 2006. While in the program, she was challenged with many obstacles. I KNEW YOU COULD DO IT!!!

(Legina Stoner)

- **Careva Jackson**: Completed GED 2005; attends National College of Business average 4.0 GPA
- **Shantia Bibbs**: Completed Hair Design School/ Cosmetology 2005; attends JTC Juvenile Justice Administration
- **Portia Middleton**: Enrolled Daymar College; Medical Office Technology
- **Troianne Staton**: Completed Medical Coding at CAA 2006
- **Takeya Alcon**: employed 1yr. March 2006
- **Audrey Moore**: employed 2yrs April 2006
- **Antoinette McFarland**: employed 2yrs April 2006
- **Marla Powell**: Enrolled GED @ Park Duvalle & employed 3yrs
- **Vaneecia Rogers**: employed 2yrs
- **Sharon Gough**: employed 3yrs.

(Deborah Bailey-Roberts)

Congratulation to **Arista Bowman** who graduated from OSH this month. Ms Bowman is a very hard worker, coming to us with no job and finding employment that began building escrow. Ms Bowman is the mother of two adorable boys. Ms. Bowman took advantage of all that OSH had to offer. She entered and finished the IDA program. She completed the home ownership program. She also attended several other trainings necessary for completion as well as graduating from Indiana Wesleyan University in Business. Ms. Bowman is now working on a Master's degree at Sullivan University. Ms. Bowman knows how to set goals and make them a reality. Ms Bowman 's biggest accomplishment was buying a home for her family which she had set as a goal from the beginning. And last, but surely not least, she got married. We wish Ms. Bowman many years of happiness with her husband and in her new house.

(Charlene Reeder-Welch)

Financial Skills Class Schedule

<u>Course #</u>	<u>Course</u>	<u>Tuesday</u> <u>6-8 @ Wiggins)</u>	<u>Wednesday</u> <u>(12-2 @ PCC)</u>	<u>Saturday</u> <u>(10-12 @ Wiggins)</u>
ELOP #3	Intro to Banking	5/9/06	5/10/06	5/13/06
ELOP #4	Understanding Credit/Managing Debt	5/23/06	5/24/06	5/27/06
ELOP #5	Saving and Investing for the Future	6/6/06	6/7/06	6/10/06
ELOP #6	Insurance and Auto Purchase	6/20/06	6/21/06	6/24/06

Wiggins Family Investment Center is located at 1411 Algonquin Parkway. Childcare IS available at this location. Presbyterian Community Center (PCC) is located at 710 South Hancock. Childcare IS NOT available at this site.

****NO workshop credit will be given, if you are 15 minutes late or more****



Free Training and Free Computers

****Must be a public housing resident of Louisville Metro Housing Authority****

Louisville Metro Housing Authority's Neighborhood Network Program will offer classes at:

Mabel Wiggins Family Investment Center; and St. Peter Claver/Sheppard Resident Council Office

If you live in public housing and are willing to commit to attending a three-week course, please contact Elizabeth Fick at 569-6905.

****SECTION 8 RESIDENTS ARE NOT ELIGIBLE****

BASIC KEYS

(Classes are FREE!!!)

Introduction to the Computer

May 16-18 and May 23-25

2:00 pm to 4:00 pm

at

Louisville Metro Community Action Partnership

1200 South Third Street

Contact: Jeannie Gough at 574-1157 ext. 314

****Students must be age 18 or over with a family income that does not exceed 125% of US Department of HHS Poverty**

****Instructor is Spanish bi-lingual**

*Save
your
money
and
It
can
save
you*



Manage Your Health

Health & Wellness Schedule

Call 574-6663 to register for classes

Diabetes Self-Management Series

Wednesdays, 6:00 pm—8:30 pm

Central Government Center—7201 Outer Loop

May 10—Diabetes Types, High and Low Blood Sugar, Sick Days

May 17—Diet and Exercise

May 24—Diabetes Pills, Insulin, Preventing complications (Part 1)

May 31—Preventing complications (Part 2), Foot & Skin Care, Glucose monitoring & standards of care

Diabetes Support Group

2nd Thursday of each month: 9:30 am—11:00 am

Park DuValle Community Health Center—3015 Wilson Avenue

May 11—Healthy Picnic Food

Exercise Classes

Health Department

400 East Gray St—Forum

Low-Impact Aerobics—25 cents per class

Tuesday & Thursday 5:00 pm—6:00 pm

(Bring your own mat)

Tai Chi —no fee

Monday & Wednesday 5:30 pm —7:00 pm

High-Impact Aerobics—no fee

Wednesday & Thursday 6:30 pm—7:30 pm

Louisville Central Community Center

1300 West Muhammad Ali Blvd

Tobacco Control Program

For information and costs of the Stop Smoking Program, Please call 574-STOP (7867)

“Help is here Express”

****Provides help to anyone experiencing problems paying for prescription medicine.**

Call 1-888-477-2669/ 1-888-4PPA-NOW to speak with a specialist or visit www.pparx.org.

****CALL Mon-Fri 8am to 12am Sunday 8am to 8pm**



BREAST CANCER SCREENINGS

(Mammograms for women 40 and over)

Wednesday, May 10th, 2006

8:30 am—3:30 pm

Planned Parenthood of Louisville

1025 South 2nd Street

Call 584-2471 ext. 236 to schedule appointment

(Walk-ins welcome, appointments honored first)

****No cost to program-eligible women without insurance****

****If you have insurance, Medicare or Medicaid U of L Hospital, James Graham Brown Cancer Center will bill that agency****

Partners in Promoting

Louisville Metro Human Services
Operation Self-Help/Family Self-Sufficiency
810 Barret Avenue 3rd Floor
Louisville, KY 40204
Fax: (502) 574-6171

Louisville Metro Housing Authority
Special Programs / FSS
801 Vine Street 3rd Floor
Louisville, KY 40204
Fax: (502) 587-1994



FSS News is published monthly for and about participants in the Family Self-Sufficiency Program.

If you wish to contribute information about yourself, your children or community resources, contact your case manager or Legina Stoner at 574-1965. The deadline for the next issue is Monday, May 15, 2006.

To Apply For the FSS Program

If you live in public housing or scattered site, call Dan Farrell at 569-6092.

If you have Section 8 rental assistance, call Amber Giacalone at 569-6933.



EMERGENCY SUPPLIES

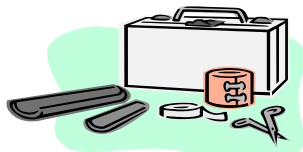
1. A three day supply of water and food that won't spoil.
2. One change of clothing and foot-wear per person, and one blanket or sleeping bag per person.
3. A first aid kit that includes your family's prescription medications.
4. Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
5. An extra set of car keys and a credit card, cash or traveler's checks.
6. Sanitation supplies.
7. Special items for infant, elderly or disabled family members.
8. An extra pair of glasses.

****Keep important family documents in a waterproof container. Keep a smaller kit in the trunk of your car.**

****Keep enough supplies in your home to meet your needs for at least three days.**

****Assemble a disaster supplies kit with items you may need in an evacuation**

****Store supplies in sturdy, easy-to-carry containers such as back-packs, duffle bags or covered trash containers.**



NEIGHBORS HELPING NEIGHBORS

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together. Know your neighbors' special skills and consider how you could help neighbors with special needs. Make plans for child care.

4 Steps to Safety

Find out what could happen to you: Contact your local emergency management or civil defense office and American Red Cross chapter—be prepared to take notes



Create a disaster plan: Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

Make a checklist: Post emergency numbers. Teach children how to call 911. Install smoke detectors. Take a first aid and CPR class. Know how to use a fire extinguisher. Determine escape routes. Find safe spots in your home for each type of disaster. Show family members how to turn off the water, gas and electricity at the main switches. Conduct a home hazard hunt.

Practice and maintain your plan: Test smoke detectors monthly and change the batteries at least once a year. Test and recharge your fire extinguishers. Replace stored water every 3 months and stored food every six months. Conduct fire and emergency evacuation drills. Quiz your kids every six months so they remember what to do.